

Pick Up For Fitness

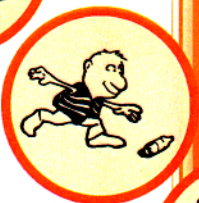
Adopters burn an average of **300 calories** an hour picking up litter, mowing and beautifying Missouri roadsides. As a result, they benefit our state while enjoying the benefits of safe and effective low-impact exercises like these!

Litter-Getter Exercises are part of MoDOT's Adopt-A-Highway Program.



SAFETY STRETCH

Stretch arms, legs and neck before beginning pickup.



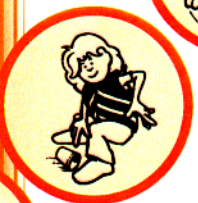
LITTER LUNGE

Lunge forward to pick up litter with knee lined up over ankle.



CAN CRUNCH

A bicep curl with an aluminum can.



STYROFOAM SQUAT

Squat down to pick up litter by sitting back with knees over ankles.



HIGHWAY HIKE

Walk along the roadside looking for litter.



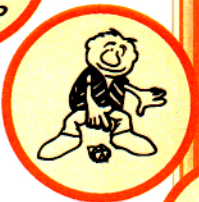
TIE-AND-LIFT

Tie, lift and carry a trash bag to the side of the road.



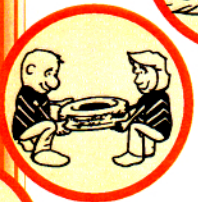
TRASH TOSS

Throw litter into a MoDOT trash bag.



GARBAGE GRAB

Bend over with knees slightly bent, reach out and grab a piece of litter.



POWER LIFT

Stand on each side of a large piece of trash, bend at knees, lift and carry away.



CLEANUP COOL-DOWN

After the pickup session, rest and relax!